



Shrimp and Veggie Appetizer Pizza

 Dairy Free

READY IN



170 min.

SERVINGS



32

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz regular crescent rolls refrigerated pillsbury® canned
- 2 tablespoons basil fresh finely chopped
- 1 cup cherry tomatoes halved
- 0.5 cup jicama (matchstick-cut) (1x)
- 1 cup snow peas fresh cut into 1-inch pieces
- 7 oz shrimp frozen thawed deveined cooked peeled
- 1 cup pkt spinach

Equipment

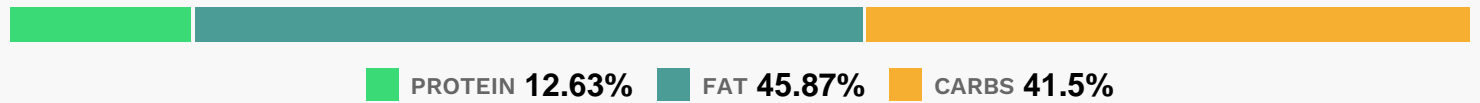
frying pan

oven

Directions

- Heat oven to 375°F. Grease or spray 15x10x1-inch pan. Unroll both cans of dough; separate into 4 long rectangles. On pan, place 3 rectangles lengthwise, beginning at 1 short end of pan.
- Place remaining rectangle across other short end of pan, to fill pan with dough. Press dough in bottom and up sides to form crust, firmly pressing perforations to seal.
- Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.
- Spread spinach dip over cooled crust. Arrange peas, tomatoes, jicama and shrimp over dip. Gently press into dip.
- Sprinkle with basil.
- Serve immediately, or cover and refrigerate up to 2 hours before serving. To serve, cut into 8 rows by 4 rows into squares.

Nutrition Facts



Properties

Glycemic Index:3.66, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.2104347869754%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 58.02kcal (2.9%), Fat: 3.1g (4.76%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 6.07g (2.21%), Sugar: 1.7g (1.89%), Cholesterol: 9.98mg (3.33%), Sodium: 120.11mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin K: 5.95µg (5.67%), Vitamin C: 3.6mg (4.36%), Vitamin A: 150.99IU (3.02%), Iron: 0.35mg (1.93%), Phosphorus: 17.09mg (1.71%), Copper: 0.03mg (1.64%), Manganese: 0.03mg (1.27%), Potassium: 41.29mg (1.18%), Magnesium: 4.39mg (1.1%), Folate: 4.04µg (1.01%)